

November 2015

**Richmond County  
Baseball Club**

1400 Travis Ave.  
Staten Island, NY 10314

If you have any  
interesting info or news  
you would like included  
in a future newsletter,  
please email to  
[jim@rcbclub.com](mailto:jim@rcbclub.com).

Visit our website at:

[www.rcbclub.com](http://www.rcbclub.com)

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[LivingSI.com](http://LivingSI.com)



# RCBC Newsletter

## Winter Workout Schedule Announced



Winter Workouts at the College of Staten Island (CSI)

For players ages 8-17

7 weeks (20 hours) of instruction beginning January 2016

Offering the most in-depth instruction in baseball skills training.

Featuring our staff of professional instructors.

- Drill Work
- Live Hitting
- Live Fielding
- Pitching and Bull Pen Work

The regular price is \$325 for the 7 week program  
however RCBC members pay a discounted price of \$299

Spots are limited so sign up now

To register, go to [www.rcbclub.com](http://www.rcbclub.com)

If you need additional information, contact us:

[nick@rcbclub.com](mailto:nick@rcbclub.com) or 917-299-9211  
[george@rcbclub.com](mailto:george@rcbclub.com) or 917-379-6475

## RCBC Is Looking For New Players

Do you know of anyone interested in joining RCBC?

We are looking for new players for the 2016 season.

Ages 8-18

If you know of anyone interested, have them go to [www.rcbclub.com](http://www.rcbclub.com) and submit the Registration Interest form on the right hand side of the home page.

## 2016 Registration

Look for announcements soon regarding registration for the 2016 season, starting in January.

Players will be notified via email so make sure we have your correct email address on file.

Send an email to [info@rcbclub.com](mailto:info@rcbclub.com) with any changes.

## Tournament Update

RCBC announces our 2016 tournament schedule.



PERFECT GAME

This coming year's schedule features Perfect Game sanctioned events in the spring, concluding with the PG Super25 Northeast Super Qualifier for ages 9U through 13U in June for the 3rd year in a row. We will also be hosting the PG Super25 Super Qualifier for the 2017 championship season this fall.

Our summer schedule kicks off with our annual 18U Invitational Shoot For The Stars tournament June 10-12, with events running each weekend through the end of August.



This promises to be another exciting season for Richmond County Tournaments, with great competition descending on Staten Island from near and far. For our full tournament schedule, visit [www.rctournaments.com](http://www.rctournaments.com).

## Follow RCBC On Instagram

RCBC now has an Instagram account: [www.instagram.com/rcbaseballclub](http://www.instagram.com/rcbaseballclub).

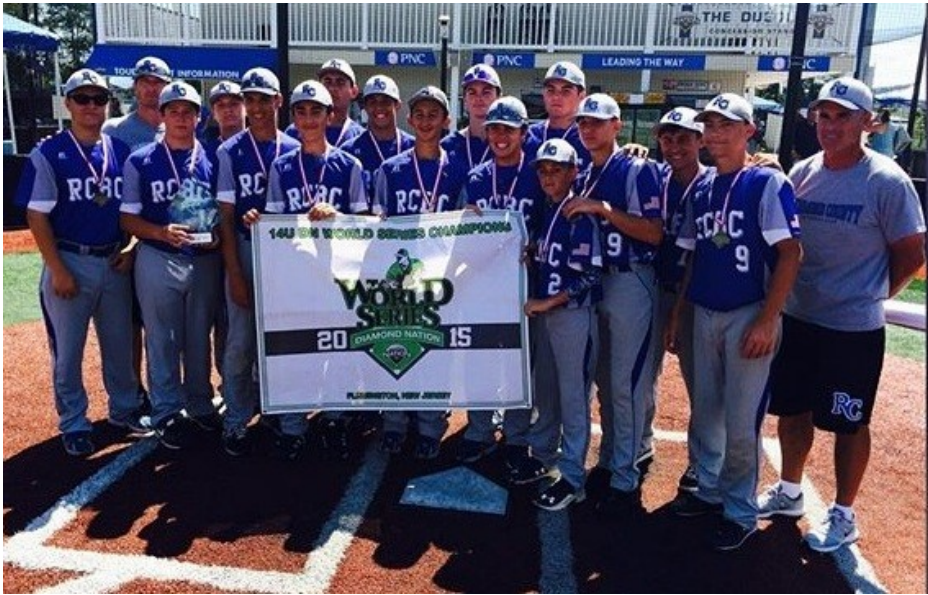
Follow us to keep up to date on activities in the program.

Have something interesting to share?  
Email to [rob@rcbclub.com](mailto:rob@rcbclub.com).



## World Series Champs Get Their Rings

The 14U/15U Nationals celebrated their successful season at a party at Jimmy Max's and were presented with their championship rings from their Diamond Nation World Series victory this past summer.





Reflecting on the year, Coach Mike Grippo stated "We had a great season, winning many games and competing every time we took the field, and always demonstrating good sportsmanship and respect for the game. One of our biggest accomplishments was winning the Diamond Nation World Series in which 50 teams competed. We won 7 straight games, playing good baseball against some very good

competition. Everyone on the team contributed in one way or another to accomplish something great that they will remember forever. Thanks to Coach Quinn for helping me and the team throughout the week."





IT'S WHAT YOU DO **BEFORE**  
THE **SEASON** STARTS THAT MAKES A

# CHAMPION!

## Johnny D's 5 Tool Baseball

### WINTER HITTING CLASS

WITH

**Frank Esposito- Seton Hall Standout Catcher**

**Tyler Sciacca- Former Chicago Cub**

**Classes Starting In November**  
6 WEEKS OF PROFESSIONAL HITTING INSTRUCTION

***DON'T DRAG YOUR FEET WITH THIS ONE WE HAVE LIMITED SPOTS!***

- ⇒ 4 PLAYERS PER GROUP
- ⇒ 2 INSTRUCTORS PER GROUP
- ⇒ 4 HITTING STATIONS PER GROUP

Beginner Classes	Advanced Classes
2 Weeks Upper half	2 Weeks Mechanics
2 Weeks Lower half	2 Weeks Off speed Pitches
2 Weeks Putting it together	2 Weeks Approach

**COST PER  
PLAYER:  
\$299**

The Winter Hitting Class is an 6 week hitting program designed to improve a hitter's mental and physical attributes by increasing their level of understanding and skill. While attending the Winter Hitting class, the hitter will gain the knowledge to improve their vision, timing, approach, and swing mechanics. The hitters will also be introduced to key elements in improving the often overlooked but vitally important mental game.

**Johnny D's 5 Tool Baseball \* 32 Carlin Street SI NY**

**FOR MORE INFORMATION CONTACT: 718-344-8118**

Go to [www.rcbclub.com](http://www.rcbclub.com) to register



Coach Mike Lopiparo  
College Placement  
Coordinator  
Quality Control Coach

This month's  
baseball quote:

National League MVP  
Bryce Harper said:  
*"I'd rather be a good person  
off the field than a good  
baseball player on the  
field."*

If you want to voice a  
comment on anything I  
write, email me at  
mikelope19@aol.com



## Coach Lope's Baseball Thoughts

### APPROACH

Coach Lope will be back with his Baseball Thoughts in January. This month's article is contributed by Coach Rob Amadeo.

Controlled aggression. Attack in the zone. Patient but aggressive. KEEP THE LINE MOVING. These are all phrases we've undoubtedly heard throughout our careers, but it seems they've become an old philosophy that many young teams choose to neglect in this age of sabermetrics and the long ball. In a day and age that lauds the home run perhaps more than at any point in the game's history, I urge both young players and coaches to take note of the recently crowned World Champion Royals. Their philosophy was simple: "Keep the line moving." And they did just that. Most teams down 2 runs late in the game as the Royals were in their decisive game 5 would be looking to swing for a game tying homer with their power guys at the plate, but not the Royals. Too many players nowadays, particularly young aspiring athletes, have fallen in love with the big play

and have lost any sense of manufacturing runs. Ask yourself, how often do you see a suicide squeeze attempted any more? The answer is almost never. Players and coaches alike would rather rely on an action that even a hall of famer can only execute successfully 30% of the time.

It is my opinion however unpopular it may be in today's game, that when you step up to the plate you should keep looking for any way possible to get on base and/or manufacture a run, essentially KEEP THE LINE MOVING. If you are a lefty and leading off an inning and a team puts a shift on you, why not at least attempt to push a bunt down the third base line? Even if you fail on the first attempt, you're only down a strike and you may have the defense thinking enough that they abandon the overshift and open up more holes for you as a hitter. That's just one example among countless situations that have me constantly questioning the approaches of hitters even at the big league level. Baseball is an untimed sport. The only way you lose, no matter how many runs you are trailing, is by recording 27 outs. Players and

## **Coach Lope's Baseball Thoughts (continued)**

coaches seem to have forgotten this and try to win or tie games with one swing of the bat instead of grinding out at bats and working their way on base. Hits are contagious, home runs are not. As a matter of fact, statistically speaking, home runs kill more rallies than they start.

Basically what I'm trying to get across to all of you young players and for fledgling coaches to teach, is to learn how to succeed in a game defined by failure. Creating your own success starts with taking what a team gives you. Whether it be hitting against a defensive shift, or taking walks, or getting hit by a pitch from a pitcher who is struggling with his command, every baserunner increases your chances of scoring runs. So instead of swinging like an axe murderer and striking out on three consecutive pitches, cut down on your swing when the situation calls for it and try to fight pitches off, hit the ball the opposite way, and work your way on base. It's not a foreign concept. As I mentioned before, It won a World Series.

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## **Coach Lope Inducted Into Hall Of Fame**

From Coach DeFendis:

I would like to extend my congratulations to Coach Lope for being inducted into the Brooklyn Softball Hall of Fame this month, where he was honored as a manager. His skills as a manager have always enabled his teams to be among the best in the league. Congrats Coach Lope!



## **Featured Article - Reflecting on 2015**

### **By Coach Nick DeFendis**

Now that the season is officially over, its time to reflect on the 2015 season. Here are some questions you should ask yourself.

1. Did I prepare enough in the off-season to give myself the best chance of being a starter on the team?
2. If so, did I progress over the summer?
3. Was I a good teammate?
4. Was I coachable?
5. Was the team successful and what part did I play in their success?
6. Was the team unsuccessful, and what part did I play in the team's failures?
7. What can I do this off-season to be better prepared?
8. Did my family and I represent the organization in a positive way?
9. How am I doing in school and can I do better?
10. Do I really love to play baseball and what is my long term goal (high school, college, etc.)?

I ask you these questions because if you're not asking them, you're going to fail. The competition is always working, so you should always be looking to outwork your competition. I am a firm believer that what you put in is what you get out. Be prepared. Become a student of the game. Learn as much as you can and in the end, your reward will be greater than the player who sits around and does nothing to better himself.

Get Motivated - with our Winter Workout program

Get Moving - with our Winter Hitting Classes

Get In Shape - with our one-on-one training

Go to [www.rcbclub.com](http://www.rcbclub.com) and [www.my5toolbaseball.com](http://www.my5toolbaseball.com) to sign up

Thanks for reading.

Coach Defendis



### Sponsor Of The Month

Each month, we feature a local business that has supported or provided valuable services to Richmond County Baseball. Please help support them back.



Over 50 LIVE & Unique Deals at 25% off or MORE  
in 1 Place for Staten Island Shoppers

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**2 Wheel Self Balancing Scooter**

**This Year's Must Have Gift !**

**Delivered FREE on Staten Island**

**Just \$399! For Each One Sold**

**Living Staten Island will Donate**

**\$20 to**

**The Johnny Ray Foundation**



**Just \$399!**



**Just \$399!**



# HAPPY THANKSGIVING



**We all have a lot to be thankful for**

**From our family to yours**

**Happy Thanksgiving**

**Coach DeFendis, Coach Quinn**

**and the entire RCBC Staff**